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# Bangalore Mirror

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## Among 53 pollution hotspots identified, 23 under transportation sector that lead to tailpipe emission, some in construction sector, 10 buildings, industries that use diesel generator sets

# EMISSION: MISSION NOT IMPOSSIBLE

### Areas with high combustion of cooking fuels also in list

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

The Karnataka State Pollution Control Board (KSPCB) has identified 53 emission hotspots in Bengaluru to take up air pollution control measures in these areas. The pollution control measure will involve plantation of saplings in open spaces.

The list of these areas, categorised under various sectors such as transportation (tailpipe emission, and road dust), construction and demolition, diesel generator sets, municipal solid waste, and domestic, commercial, and industrial fuel consumption, has been handed over to the Karnataka Forest Department (KFD) for spot identification and taking up plantation activities.

The hotspots have been identified based on the emission inventory prepared by the Centre for Study of Science, Technology, and Policy (CSTEP) in 2019.

"The activity has been taken up under the 15th Finance Commission grant and the National Clean Air Program (NCAP) by the Central Government. We have provided a

CONTINUED ON PAGE 4 »

> "Planting saplings in high emission areas is a welcome step, but only when we have sound measures to ensure a high survival rate
>
> — Dattatreya Devare, trustee, Bangalore Environment Trust

# Green thumbs up to AI

### BBMP to use tool to identify suitable locations for its plantation drives

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

Faced with the challenge of identifying areas to plant saplings for afforestation drives, the Bruhat Bengaluru Mahanagara Palike (BBMP) plans to use AI tools to plant 1 lakh saplings this year. So far, BBMP has been running the AI programme for the Bommanahalli zone.

While BBMP needs to take up compensatory afforestation for different projects, they are often faced with the challenge of finding suitable land within BBMP limits.

As part of the Bengaluru Climate Action Cell, BBMP has been working with the knowledge partner WRI India to launch Mapathon in Bengaluru. Previously, the Kochi Municipal Corporation also used the Mapathon to identify such stretches and was able to plant saplings on nearly 4.5 acres.

Last year, BBMP took up compensatory plantation drives in land parcels in the Jalahalli Air Force, GKVK, and CRPF area (Bellahalli). This year, BBMP is planning to plant 1 lakh saplings as part of their plantation drives and is looking for new parcels of land.

"It is always a challenge for us to find new parcels of land suitable for plantation and compensatory afforestation. We are always conducting surveys to identify

CONTINUED ON PAGE 6 »

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## Scooterist shatters car windows

A road rage incident occurred on Sarjapur Main Road in Bengaluru, where a scooterist attacked a car, shattering its windows. Inside the car was a family of three, including a child. The police reported that the scooter driver, identified as Jagadish, became aggressive after failing to overtake the car. He was seen smashing the car's window and injuring the child. Jagadish has since been arrested.

The incident was reported by Akhil Sabu, an IT professional from Kerala, who was traveling with his family in the car. Sabu shared details of the incident on social media, explaining that it happened on Sarjapur Main Road. CCTV footage showed Jagadish intercepting the family's i10 car and using his helmet to break the car's window. The car stopped momentarily, and as it began to move again, Jagadish struck another window. Sabu then stopped the car, got out, and confronted Jagadish.

## Viral video sparks probe into police bribery in B'luru

Bengaluru North Division police have initiated an investigation after a video of people chasing a police car went viral on social media. The staff of a Hoysala patrol vehicle are under investigation for allegedly accepting bribes from shopkeepers. The incident, filmed by a bystander who then pursued the vehicle, took place on Friday night near Peenya Second Stage in Rajagopal Nagar police jurisdiction. The viral video depicts the patrol staff speeding away as someone begins recording them purportedly taking money. The driver quickly leaves the scene as the person recording tries unsuccessfully to chase them.

Following the video's circulation, City Police Commissioner B Dayananda announced an investigation. Deputy Commissioner of Police (North) Saidulu Adavath confirmed that an inquiry has been ordered.

# City is now emerging as IAS coaching hub

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

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Bengaluru has long been renowned as the Silicon Valley of India, a hub for technology and innovation. However, in recent years, the city has quietly emerged as a burgeoning center for civil services coaching, attracting aspirants from all over the country. The transformation is remarkable: where once students from Bengaluru had to travel to Delhi and Hyderabad to prepare for the Union Public Service Commission (UPSC) exams, they can now access top-tier coaching within their own city. This shift has been driven by the proliferation of high-quality coaching centres with dedicated faculty.

The establishment of numerous reputable coaching institutes has played a pivotal role in city becoming a coaching hub. Institutions like ALS IAS Academy, Shankar IAS Academy, and Insight IAS Academy have set up branches in Bengaluru, offering comprehensive courses and guidance. These institutes bring experienced faculty and structured programs that mirror those found in traditional coaching hotspots like Delhi. The presence of such centers ensures that students no longer need to leave Bengaluru to receive top-notch coaching.

Moreover, the city's vibrant academic environment supports this growth. Bengaluru is home to several prestigious universities and colleges, which not only contribute to the pool of civil service aspirants but also provide a conducive atmosphere for study and preparation. The availability of resources like libraries, study groups, and peer networks enhances the overall learning experience. Additionally, Bengaluru's diverse and cosmopolitan culture makes it an attractive destination for students from various parts of the country.

## Matter of dedication

One of the critical aspects of preparing for the civil services is the level of dedication required. The UPSC exam is known for its rigorous and comprehensive nature, testing candidates on a wide array of subjects including history, geography, polity, economy, and current affairs. Aspirants must immerse themselves in extensive reading and consistent practice, often dedicating 10-12 hours a day to their studies. The preparation journey typically spans over a year or more, demanding unwavering focus and commitment.

Extreme motivation is also essential for civil services aspirants. The journey is fraught with challenges, including the sheer volume of the syllabus, the intensity of competition, and the pressure of multiple stages of the examination process. Maintaining a high level of motivation is crucial to navigate these challenges successfully.

Many aspirants find motivation in the ultimate goal of serving the nation and making a tangible difference in society. The prestige and respect associated with becoming an IAS, IPS, or IFS officer also serve as powerful motivators.

Furthermore, the support system provided by coaching centers in Bengaluru helps sustain this motivation. These institutes often organize motivational sessions with successful civil servants, provide personal mentoring, and foster a community of like-minded individuals. Such initiatives help students stay inspired and focused on their goal, despite the rigorous demands of the preparation process.

Civil services offer a unique opportunity for individuals to serve society and contribute to nation-building. As public servants, civil service officers are in positions of authority and influence, enabling them to implement policies and programs that impact millions of lives. They work in diverse fields such as administration, law enforcement, foreign relations, and development, addressing critical issues like poverty, education, health, and infrastructure. This role allows them to work directly with the public, understand their problems, and devise solutions to improve their quality of life.

## Noble intentions

For many aspirants, the desire to serve the society is a driving force behind their pursuit of a career in civil services. They see it as a chance to bring about positive change and address social inequities. This noble aspiration is often nurtured by coaching centers in Bengaluru, which emphasize the importance of social responsibility and ethical governance in their training programs.

The city's evolution into a hub for civil services coaching is not just about providing a platform for academic excellence; it is also about instilling a sense of duty and commitment to public service. By offering quality education, Bengaluru's coaching centers are helping to shape the future leaders of India who are dedicated to the principles of justice, integrity, and service.

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# Commuters fume as new RUB road still remains unopened

## Year-long delay due to land acquisition issues leaves motorists stuck in waterlogged traffic

| Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

As commuters face slow-moving traffic at Panathur RUB, the new RUB has remained unopened for the past year.

Despite the completion of the new Panathur RUB a year ago, commuters are forced to use the old RUB, which constantly faces water logging. While the RUB work was completed, Bruhat Bangalore Mahanagara Palike (BBMP) has been struggling to complete the approach road. According to sources, work on the widening of S Cross has been halted for the past two months due to a delay in land acquisition. BBMP officials have failed to complete the work before the monsoons, thus inconveniencing thousands of motorists.

On May 19, Whitefield Traffic Police issued an advisory about slow-moving traffic due to water logging on Panathur RUB. Traffic officials were also seen removing the silt preventing the free flow of water in the drains. The completion and operationalisation of the new Panathur RUB would provide commuters respite from the severe congestion.

"Work has been halted for the past two months, and we were expecting that the halt was due to the election. But there has been some delay in land acquisition. Some buildings have to be demolished. In total, 25 houses are left to be acquired; out of them, seven are major properties and the remaining are small properties. It's been 12 years since we have been facing this apathy," said a resident on condition of anonymity.

Congestion on Panathur RUB

Clement Jayakumar, General Secretary of Mahadevapura Task Force (Mobility), told BM, "Work has been halted due to hindrances in land acquisition for S Cross widening. On one hand, the contractor is refusing to take up further work due to payment issues, and on the other, there are some land acquisition issues. There are some issues in land acquisition for the S Cross widening. Opening the RUB without widening the S Cross would lead to choking of traffic."

With an estimated 20,000 people using the stretch daily, commuters feel that the project must be prioritised. However, commuters say that despite traffic officials and the BBMP Chief Commissioner visiting the site multiple times, the project has not been completed.

> **"On one hand, the contractor is refusing to take up further work due to payment issues, & on the other, there are some land acquisition issues** – Clement Jayakumar, General Secretary of Mahadevapura Task Force

"Simply passing the 2 km stretch takes an hour to cross. People think 100 times before stepping outside. Ambulances get stuck in the RUB many times. During the rainy season, the old RUB gets waterlogged. During peak hours, even without rain, you can see 300-400 vehicles queued up. This is a key passage route for residents of Balagere, Varthur, Gunjur, Whitefield, Munnekollal, and even areas beyond Varthur due to this being a shorter route. Otherwise, they have to take a 12-15 km detour through Sarjapur Road," said the resident.

They also alleged that despite traffic cops' claims of stopping heavy transport vehicles, they let them go. "Traffic police are not preventing heavy vehicles from accessing the RUB. You can see construction vehicles and water tankers being allowed to enter the stretch," he added.

# Implementation of plans ineffective

CONTINUED FROM PAGE 1

list of pollution hotspots to the forest department for taking up plantation activities in these areas to reduce pollution," said a KSPCB official.

As per KSPCB's document, out of the total 53 hotspots, 23 have been identified under the transportation sector, which leads to air pollution due to tailpipe emissions and road dust. Digging, demolition, excavation, scraping, cement work, dumping of construction materials such as sand, cement, jelly, etc., and movement of construction vehicles are some activities identified under construction and demolition sectors leading to pollution hotspots. The state pollution control board has labeled these hotspots as dynamic.

The same has been applied to infrastructural development work including road laying, white topping, metro construction, pipeline laying, and flyover construction.

### Generator issue

As many as 10 high-rise buildings, industries, and commercial areas in the city have been identified as hotspots due to their use of diesel generator sets during power cuts. Similarly, 10 industrial areas have also been identified for greening.

"Fuel consumption in Industries contributes to the air pollution in Bengaluru. However, there are not many air-polluting industries present within the Bengaluru city area as observed in the other cities," noted KSPCB. Ten areas with high combustion of cooking fuels like wood, cow dung, and coal have also been identified as emission hotspots. "We have received the list of hotspots from KSPCB. The board has directed the department to identify open spaces in these areas to take up plantation activity to mitigate air pollution," said a senior official from KFD.

### Plans galore, implementation is lacking

According to city-based environmentalists, while plantation is an approved method to mitigate air pollution, ensuring implementation and a high survival rate of the saplings is a must.

"Plantation activity has been recommended under various plans and projects such as Karnataka Heatwave Action Plan, NCAP, Climate Resilience Plan by BBMP, ETC. Planting saplings in high emission areas is a welcome step, but only when we have sound measures to ensure a high survival rate," said Dattatreya Devare, trustee, Bangalore Environment Trust.

# Subbaiah Circle to Shanthinagar junction closed temporarily

Due to ongoing Bangalore Water Supply and Sewerage Board (BWSSB) pipeline work in the Halasuru Gate traffic police station limits, vehicle movement from Subbaiah Circle to Shanthinagar Junction is temporarily prohibited. However, LMVs and two-wheelers can still use the Mission Road flyover. Vehicles coming from NR Square and Hudson Circle towards Subbaiah Circle should turn right at Subbaiah Circle, proceed on Lalbagh Road, then turn left onto Nala Road to join K H Road, continuing to Shanthinagar Junction. Parking restrictions are in place on Mission Road, Nala Road, Double Road, and Lalbagh Road. The police have requested public cooperation during this period to ensure smooth traffic flow and safety for all commuters. — BMB

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## Open drain

**Garvebhavi Palma**

The roadside drain has been left open for cleaning for the past six months, posing a risk to pedestrians, especially at night and during the rainy season.

## Incomplete patchwork

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BESCOM has conducted poor patchwork, which could lead to accidents and is not safe for pedestrians. Urgent action is needed.

## Persistent potholes

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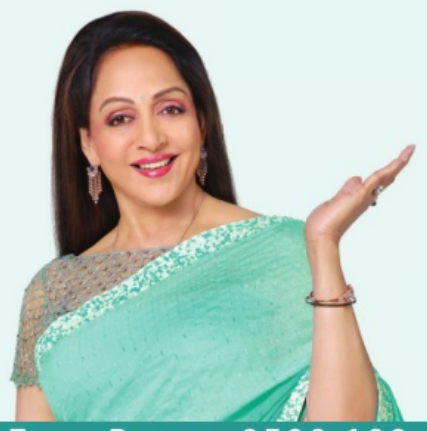

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# City's pain points and solutions

## Chief Minister tackles Bengaluru's flooding, traffic woes with swift infrastructure fixes

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Chief Minister Siddaramaiah and Deputy CM DK Shivakumar on Wednesday experienced firsthand the daily struggles faced by Bengalureans. The recent rainfall has highlighted the city's inadequate infrastructure. Below are the key issues plaguing the City's infrastructure and the potential solutions proposed by the CM.

### Spot 1:

**Place:** Gaali Anjaneya Swami Temple

**Problem:** During the rainy season, the rajakaluve near Gaali Anjaneya Temple experiences severe flooding.

**Solution:** BBMP Chief Commissioner Tushar Girinath informed the CM that constructing an additional parallel canal could mitigate the flooding. A project estimated at Rs 11.5 crore is planned for flood control works. The CM directed the immediate commencement of this project and instructed officials to prevent the public from dumping garbage into the stormwater drain. He emphasised that this issue should be resolved permanently this year and warned the Chief Engineer of suspension if not addressed.

### Lake revival

Bengaluru boasts 400 lakes, many of which are currently filled with silt and prone to overflowing. To address this, the CM has directed officials to clear the silt and construct canals to facilitate proper water flow. The Election Commission has granted permission to inspect flood-prone areas, and these inspections have been conducted accordingly. The silt removed from the lakes will be responsibly disposed of in designated quarries.

### Spot 2:

**Place:** BTM Metro Station

**Problem:** The construction of the double-decker flyover is progressing very slowly, frustrating motorists.

**Solution:** The CM inspected the two-tier system, where the flyover and Metro lines are stacked. After the inspection, he instructed officials to implement this double-decker model in other parts of the city to alleviate traffic congestion. Additionally, to ensure smooth traffic flow from BTM towards Banashankari, Raghavendra Swamy Temple Circle, and Jayanagar 5th Block, he directed the construction of an underpass.

### Spot 3:

**Place:** Kodi Chikkanahalli

**Problem:** Overflowing stormwater drains are flooding houses.

**Solution:** To control flooding, the CM instructed officials to pump the stormwater through a jackwell and drain it into Madiwala Lake. He emphasized starting this Rs 4.3 crore project as soon as possible.

### Spot 4:

**Place:** Silk Board, Hosur Main Road

**Problem:** Metro construction has reduced stormwater drain capacity, causing flooding during rains.

**Solution:** The CM proposed an alternative arrangement to address the issue, costing around Rs 4.5 crore. He instructed officials to present the proposal at the next high-level committee meeting and suggested preparing a comprehensive plan to address the project's impact over the next 10-15 years. He also mentioned the possibility of providing additional funding and emphasized finding a long-term solution to the flooding problem caused by metro construction.

### Spot 5:

**Place:** Ejipura Flyover

**Problem:** The Ejipura flyover project has been pending for six years, causing significant public inconvenience. Despite awarding the 2.95 km flyover work to BSCPL company on November 20, 2023, with a 15-month deadline, only 4-6 per cent progress has been made in six months.

**Solution:** The CM expressed disappointment over the slow progress and warned the contractor of legal action if the work was not completed on time. He instructed officials to terminate the contract if the contractor failed to respond and reassign the work to another contractor. He reprimanded company representatives for the minimal progress despite the necessary funds being provided, insisting the work be completed quickly or face government action.

### Potholes to be filled in a month

CM Siddaramaiah has mandated a one-month deadline to fill the 5,500 potholes on ward roads in Bengaluru. Additionally, the 557 potholes on arterial and sub-arterial roads must also be addressed within this timeframe. This urgent directive aims to improve the city's infrastructure and enhance the daily commute for residents.

Bangalore Mirror
There was no rain since November, but seems like now that dark clouds are upon us, BBMP is going to get busy filling city's potholes
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670 dents on arterial, sub-arterial roads; 66 locations have had patches

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—Prakash VL

# AI to spot land for plantation

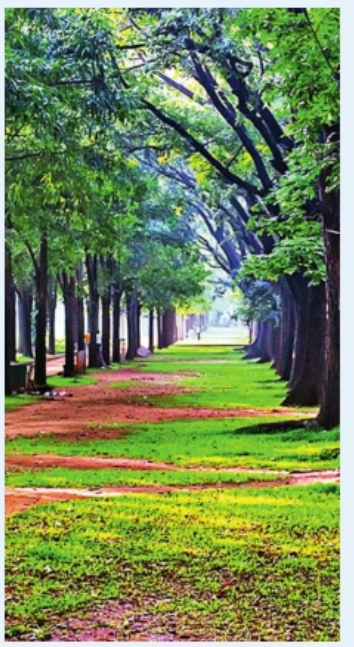
CONTINUED FROM PAGE 1

such areas. Using Mapathon by WRI India, we will identify the land using satellite images. We have already identified land in four wards in the Bommanahalli zone where 4,000 saplings can be planted. WRI sends the locations of the blank areas and we send our volunteers and BBMP staff to verify the parcel of land for its suitability for plantation," said a senior BBMP official.

Using the AI tool, BBMP will able to identify mixed suitable land allowing for plantation drives within residential and urbanised areas as well and not limited to large expanses of land parcels.

### What is the tool?

As part of the project, 30-odd locations have been identified in the Bommanahalli zone within a week. "The Mapathon is an AI tool that uses spatial mapping with AI to identify empty land parcels. The tool analyses the Google Earth Engine to achieve the result. However, there can be many challenges with a land parcel making it unsuitable. These land parcels have to be verified by volunteers and through community participation. But the process could help BBMP generate land bank" said Dr Priya Narayanan, Senior Program Manager, Urban Development, WRI India.



BBMP plans on expanding the AI tool to the rest of Bengaluru soon. But it would be based on the success of the Bommanahalli pilot. According to Dr Narayanan, it would take an estimated six months of continuous analysis to complete the identification of land across Bengaluru. "We had deployed the same tool with Kochi Municipal Corporation and we were able to identify 60,000 sample plots, but not all locations were suitable. We planted saplings in roughly 4.5 acres. According to our analysis in Bengaluru so far, the spaces are mostly mixed land use," she added.

# In a first, beans hit a double century

## First drought, then heavy rain has driven vegetable prices through the roof

| Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Probably for the first time in history, the price of one kilogram of beans has breached the Rs 260 mark. A prolonged drought followed by recent heavy rain has wreaked havoc on prices of vegetables. Currently, the price per kilogram for various vegetables in the city are as follows: ginger at Rs 220, carrot at Rs 80, chili at Rs 120, okra at Rs 60, beetroot at Rs 50, cauliflower at Rs 35 per piece, cabbage at Rs 50, tomato at Rs 50, and garlic at Rs 240.

Sanjay P, a trader, remarked, "The prices of vegetables have skyrocketed in Bengaluru, causing distress to consumers. For the first time, the price of beans has crossed the Rs 200 mark, which is a record. The price of beans has increased by Rs 100-150 in just a few days. The prices of other vegetables like tomatoes, cabbage, and spinach have also increased significantly. Unseasonal rain and a heatwave have damaged crops, leading to a shortage of vegetables. The demand for vegetables has increased due to the wedding season and other festivals. The supply of vegetables has decreased due to the rain and heatwave, leading to a price hike. Currently, beans are priced at Rs 300-320 per kg, tomatoes at Rs 45-50 per kg, cabbage at Rs 50-60 per kg, and spinach at Rs 30-40 per kg. Consumers are finding it difficult to afford vegetables at the current prices. The price hike has affected the middle-class and lower-income groups the most. Consumers are being forced to buy vegetables at higher prices, even if they are not of good quality."

The sharp increase has left many consumers in Bengaluru grappling with its impact on their household budgets. Shalini Rao, a homemaker, said, "It's becoming increasingly difficult to manage the kitchen expenses. We used to buy a variety of vegetables every week, but now we have to limit our choices and quantity. Even basics like tomatoes and cabbage, which were once affordable, have doubled in price. This sudden price hike is unsustainable for a middle-class family like ours."

Rajesh Kumar, a software engineer and father of two, shared similar concerns. "Our monthly grocery bill has almost doubled. Earlier, we used to spend around Rs 2,500 on vegetables, but now it's touching Rs 4,500 to Rs 5,000. It's a huge strain on our budget, and we're forced to cut down on other essential expenses to afford vegetables."

Anjali Gupta, a working mother, highlighted the difficulties in providing a balanced diet for her family. "With prices of essentials like beans, tomatoes, and spinach soaring, it's hard to ensure that my children get a nutritious diet. Spinach, which was once a staple in our meals, is now priced between Rs 30-40 per kilogram. We can't afford to buy it as often as we used to. It's upsetting because I want my family to eat healthy."

**Families struggle to manage household budgets along with ensuring nutritious diet**

## Child Rights Chairman shuts down early school reopening

| Y Maheswara Reddy
c-y.reddy
@timesgroup.com
TWEETS @BangaloreMIRROR

Karnataka State Commission for Protection of Child Rights (KSCPCR) Chairman K Naganna Gowda made surprise visits on Wednesday to three private schools in Rajajinagar and Basaveswara Nagar that reopened much before the official reopening date.

"I asked the students whether they preferred holidays over attending classes. They told me they wanted holidays and would like to return to school after the summer break. I advised the teachers not to conduct classes and sent the students home," said Gowda. The KSCPCR chairman emphasised that schools must allow students to have summer holidays. "Conducting classes before the end of the summer vacation is against the norms. I wrote a letter to the Commissioner for School Education to issue a circular to all schools, instructing them not to conduct classes during the summer break," Gowda said.

The Commissioner for School Education issued a circular on May 18 to deputy directors and block education officers, instructing them to ensure all schools follow the reopening norms after the summer vacation. The Commissioner declared summer holidays for schools from April 14 to May 28, 2024.

Opposing the reopening of schools, Karnataka Private School College Parents Associations' Coordination Committee President BN Yogananda said he lodged a complaint with the KSCPCR chairman after receiving complaints from some parents. "We received complaints from parents about private school management collecting fees and reopening schools from May 12 instead of May 28. We waited for the private schools to stop conducting classes after the Commissioner for School Education issued a circular on May 18, but they continued conducting classes," said Yogananda.

Nagasimha G Rao, Director of the Child Rights Trust, welcomed the surprise visits. "It will benefit students if the KSCPCR chairman verifies with the school management whether the school has a child protection policy," he said.

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**I, Deepa N,** D/o. M.Nagaraj R/a D.No. 162, 10th Main Road, Lakkasandra Extn, Wilson Garden, Bangalore-30 do here by declare that A schedule property was purchased by my Father in 2001-02 vide Original Registered Sale Deed No. 481/2001-02 & original Registered will No. 120/2001-02 was lost /theft at my residence in 2012. Hence of lodged a complaint in Police department U/S 155 CRPC on 18-05-2024 vide lost report No. 1057299/2024. If anybody finds the said original Sale Deed & original will kndly request you to hand it over at below mentioned address.
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#### CHANGE OF NAME

**I,** WASEEM KHAN, R/a No.5, Police Lane,C Street, Mackan Road Cross,Bharthinagar, Bangalore -560001. I have changed my name to ,WASIM KHAN Vide affidavit ,dated 20/05/2024 Sworn before Notary : V. Rajashekhara

**I,** MOHAMMED FAHAAD HALEEM, R/a No.16,A 2nd Street, Muniswamy Lane, Queens RD, Bangalore-51. I, have changed my name to, MOHAMMED FAHAD HALEEM Vide affidavit, dated 21/05/2024 Sworn before Notary: Prakasha.C.

**I,** KHALEELULLAH, R/a No.34, Syed Manzil, 7th Cross, 1st Main Rd, BK Nagar, Yeshwanthpura, Bangalore-22. I, have changed my name to, SYED KHALEELULLAH, Vide affidavit dated 21.05.2024 sworn before notary Prakasha C

**CHANGE OF NAME**
I, IMAYATH ULLA S/O AHMAD JAN RESIDENT OF PRASHANTH NAGAR NEAR H.P. PALACE SHADI MAHAL KOLAR 563 101 HAVE CHANGED MY NAME TO ENAYATH ULLA I SWORN BEFORE VENKATESH APPA.N NOTARY & ADVOCATE, KOLAR VIDE AFFIDAVIT DATED: 22-05-2024

I Mohammed Ehthesham Ul Haq R/o 7/6, 1st Cross, Mariyappa Block, RT Nagar, Bangalore, has changes my minor daughter's name from Fatima Tuz Zahra to Fatima Tuz Zahra Haq for all future purpose.

**I,** ANEES AHMED SIBGATH, R/a No.1148-22/1, 5th Cross,1st A Main Rd, LN Colony Yeshwanthpura, Bangalore-22. I, have changed my name to ANEES AHMED Vide affidavit dated 21/05/2024 Sworn before Notary Prakasha C

**I,** Mrinal Kumar Bakshi s/o Sudhir Chandra Bakshi R/o No 19 1st Main 5th Cross Ramanna Garden Chamundeshwari Layout Vidyaranyapura B'luru-560097 have changed my name to Mrinal Kumar Boxy for all purposes.

**I,** Ritik R/o ShreeLaxmi PG,Domlur,Bengaluru. Changed my Name to Ritik Dabi on 20/05/2024 hence call me as Ritik Dabi

I Mohammed Ehthesham Ul Haq, R/o 7/6, 1st Cross, Mariyappa Block, RT Nagar, Bangalore has changed my minor daughter's name from Nimra Nousheen to Nimra Nousheen Haq for all future purpose.

I Bibi Aysha Asham, w/o Mohammed Asham residing at no. 19, 1st cross, 3rd block, R. B. I colony, Jayanagar East, Bangalore 560011,karnataka have changed my name to Bibi Aysha as per Aadhar card.

I Veeraswamy Reddy Narasareddy s/o Narasareddy R/o villa no 3, Krishna kuteera White House phase 1, FCI main Rd, Channasandra, Kadugodi post, B'lore 67 have changed my name to Veeraswamy Reddy

I Uma Maheshwari Chettiar R/o #11 Rangappa Cross, Near Lalbagh West Gate, Chikka Mavalli, Bangalore South, Basavanagudi, Karnataka - 560004, have changed my name to Uma Maheshwari S

**I,** Naveen Kumar Halway S/o Muralidhar Halway R/o #317, ARS Lifestyle, 3rd floor, Kudlu Village, B'lore- 68 have changed my name to Naveen Halway Vide affidavit no IN - KA10210402796107W

I Khalid Ahamed S/O, Ali Baksh R/o B1003 , Pramuk Aqua Heights , Phase 1, Electronic City Bangalore-560100 have changed my name to Khalid Ahmed.

**I,** Pranothi Padma Sanjay R/o 1304, Anagha Peridot, No.17/1A, Kempapura Hebbal, Bengaluru 560024 have changed my name to Pranoti Padma Sanjay, affidavit Dt.22/05/2024 notary, Harisha G, B'luru

#### LOST & FOUND

I ARVIND KUMAR SHRIPAL R/O NO:105, GURUNAYAK NAGAR, MUMBAI-86 HAVE LOST MY 1ST YEAR D PHARMA MARK SHEET REG NO;X569023 BEAP, LOST REPORT NO:LR1062229/2024


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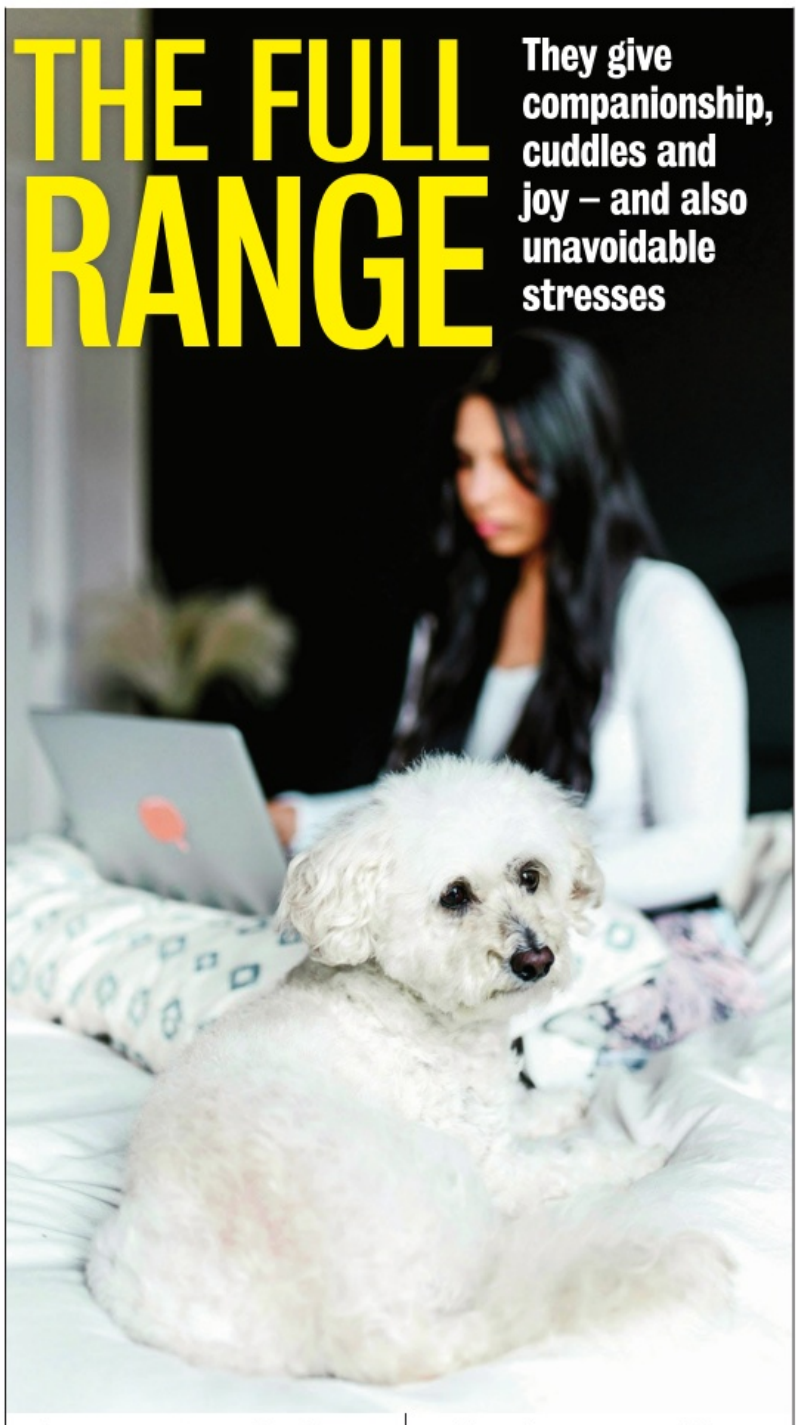
# THE FULL RANGE

## They give companionship, cuddles and joy – and also unavoidable stresses



Owning a pet can be a roller coaster. There are the highs, like when your dog greets you with a full-body wiggle when you return home, or when your cat purrs loudly as you cuddle next to one another. Then there are the lows, like stressful trips to urgent care, waking up to that unpleasant vomiting noise, or making the difficult choice to say goodbye because of medical problems or even intractable behavioural issues.

For those pet-owners who are struggling, it's beneficial to their mental health to acknowledge that pets can create stress and that some animals are more work than others.

Research has shown that both cats and dogs can have equally positive impacts on mental health.

Pets may be helpful at reducing stress, anxiety and feelings of being overwhelmed, including in children. Pet ownership has also been shown to improve well-being by instilling people with a sense of purpose and responsibility.

As a licensed clinical social worker, animal lover and proud dog mom, I have both professionally and personally seen the mental health impacts of having animal companions.

Media stories commonly cover the positives of pet ownership. But the hardships and downsides of owning a pet are not discussed as often. For instance, while there are many positive aspects to pet ownership, some research is showing that pets may lead to exacerbated mental health concerns or even sleep issues.

Whether you're adopting or shopping, pets can bring a full range of emotions into our lives. Research has even shown that pets may benefit non-pet owners around them as well.

### How pets can enrich our lives

A pet owner may easily be able to tick off an infinite number of positive effects their fuzzy companion has had on their life. Research backs them up.

Pets can provide constant companionship for individuals and families. This is particularly true for older adults. There was an uptick in adoptions of pets during the early days of the covid-19 pandemic. Many people benefited from pets during periods of stay-at-home mandates and quarantines.

Research shows that dogs can reduce loneliness in their owners. In fact, being accompanied by a dog may even make you seem more approachable.

Pets, especially dogs, may help improve one's ability to socialize and feel connected with others, as well as increasing the prospects for social interactions. People may bond over the experience of having pets, socialize at the dog park, or even meet up at the local cat café.

Animals and pets have also been used to assist in detecting the onset symptoms of medical episodes, including seizures. Animal-assisted therapy and pet therapy have shown promise in improving symptom management and overall quality of life in a number of conditions, including trauma and stressor-related disorders, anxiety disorders, eating disorders, autism, traumatic brain injuries, neurological disorders and more.

### The inherent stressors

Despite the many positive impacts of pet ownership, it also can have negative impacts. For example, one survey found that 47% of Americans felt separation anxiety when leaving their dogs at home.

The survey also found that 41% of pet owners declined social invitations because they did not want to leave their dog at home, and that 70% of pet owners would prefer to work remotely so they could stay at home with their pet. Pet owners have also identified feeling anxious about their pet getting sick or running away, or the risk that they might harm the animal unintentionally.

Stress from pet ownership is common. There's the stress of house-training and making sure the pet is getting enough enrichment – both physically and mentally. Then there are the challenges associated with vet appointments and navigating illness, as well as financial stressors and finding pet sitters.

Another element of pet ownership that people often don't talk about is the stress, and often shame, that owners with reactive dogs experience from walking their dog, having people over to the house or having their dog around children.

Finally, there's the reality that our pet companions live shorter lives than we do, leading to end-of-life planning, expensive treatments for older-age ailments, and, of course, the grief that will be felt from the loss of a pet. For some people, the loss of a pet may feel worse than human loss.

People may judge or criticise pet owners for an "overblown" grief reaction. The common experience of invalidation and lack of acknowledgment related to grief around pet loss – similar to the grief felt from divorce and miscarriage – is categorized as disenfranchised grief. This term refers to grief that is not acknowledged, validated or accepted socially.

### Strings attached

Pet owners, especially post-pandemic, have reported high levels of guilt related to leaving their pets at home while at work or social events. Some of this guilt may be related to concerns about providing insufficient attention to the pet or about the pet's health. This guilt has even been shown to be similar to the feeling human parents have concerning their human children.

As someone who adores their dog, I can relate to the guilt of leaving him alone. To complicate things, my dog has joint issues, anxiety and discoid lupus, a type of lupus that affects the skin on his nose. He can also be reactive. All of these aspects require me to provide extra care. When friends invalidate my worries and guilt, it can feel isolating and shaming.

And I'm not alone in these feelings. Overall, when there is a lack of consideration for the complex feelings pet owners experience, the invalidation and disenfranchised feelings can lead to depression, anxiety, feelings of being isolated and worsened quality of life.

### Finding support

The human-animal bond is unique, with humans receiving unconditional love and full acceptance from their animal companion. When society can honor and respect this bond through validation, patience and compassion, it not only helps pet owners but also the clinicians who treat the animals.

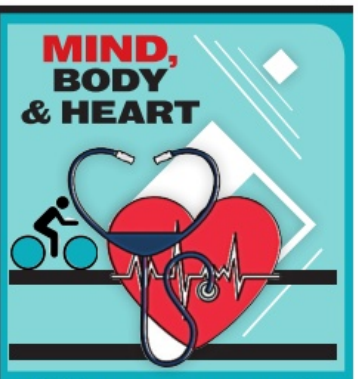
Employers can be supportive by continuing to provide remote and hybrid work options, flexibility in scheduling and opportunities for employees to feel validated and receive support. If a loved one is experiencing guilt around leaving their dog at home or a friend is having anxiety about their cat's health, instead of minimizing their experience, try talking to them and asking how best to support them through their distress.

Another support tool is encouraging pet owners to practice self-compassion and mindfulness, being present and focusing on the time they do have with their pet.

Pets can bring infinite joy and companionship to our lives, whether that's through pet ownership, fostering, volunteering or engaging in animal-assisted therapy.

It remains important, however, to acknowledge the stressors and difficulties pet owners face. After all, the ups and downs of pet ownership, just like the ups and downs of the human experience, are what make life and relationships that much more meaningful.

*Emily Hemendinger, University of Colorado Anschutz Medical Campus, The Conversation*




## All you need to know about...

*Fish oil supplement risk*

**Some caution**
While fish oil supplements, rich in omega-3 fatty acids, are known to be good for heart health, a new study on Wednesday showed that regular consumption may raise the risk of heart disease and stroke.

**Participants of study**
For the study, an international team of researchers from China, the UK, and the US analysed the health of 415,737 participants (55 per cent women), aged 40-69, who regularly consumed oily and non-oily fish and fish oil supplements.
The participants were surveyed between 2006 and 2010 and tracked until the end of March 2021 or death, whichever came first, based on medical records data.

**Different roles**
Their results, published in the open-access journal BMJ Medicine, showed that regular use of fish oil supplements had different roles in cardiovascular health, disease progression, and death.
People with no known heart problems who regularly used fish oil supplements had a 13 per cent higher risk of developing atrial fibrillation, and a 5 per cent risk of a stroke.
The risk of transitioning from good health to heart attack, stroke, or heart failure was 6 per cent higher in women and 6 per cent higher in non-smokers.
In contrast, among those with known cardiovascular disease, regular fish oil supplements lowered the risk of progression from atrial fibrillation to a heart attack by 15 per cent, and from heart failure to death by 9 per cent.

**Determining factors**
Age, sex, smoking, consumption of non-oily fish, high blood pressure, and use of statins and blood pressure-lowering drugs were found to determine the associations observed.

—IANS

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## SOLVE IT IN A MINUTE

√3025 – √2025 / 3² + 0! = ?


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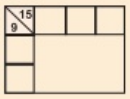
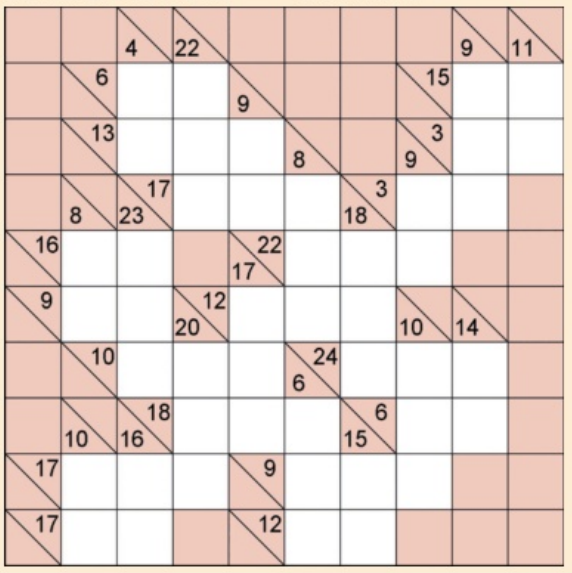
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

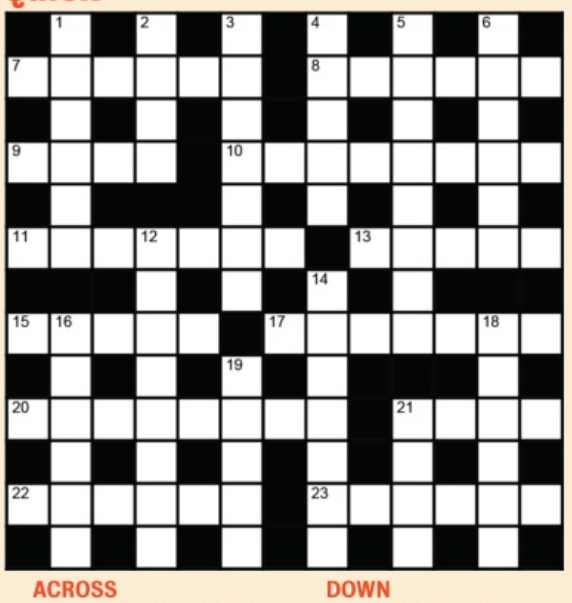



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Dealer in textile fabrics (6)
8 Ceremony (6)
9 Weaver's machine (4)
10 Our former PM Dr __ Singh (8)
11 More arrogant (7)
13 Gold mines 100 kms out of the city (5)
15 Entertain (5)
17 Choral composition (7)
20 Made a gap in, broke through (8)
21 Lacklustre (4)
22 Vendor (6)
23 Dissimilar (6)

**DOWN**

1 Gobble up greedily (6)
2 Floating impurities (4)
3 Crowded (7)
4 Mark of disgrace (5)
5 Was very noticeable (5,3)
6 Great desert (6)
12 Rocky (8)
14 Dole (7)
16 Assassination (6)
18 Rails (6)
19 Evade work (5)
21 Barbie for one? (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: Q EQUALS P**

QCKQMC OKU'S DYBC SK MLNC KI HEQQKIS TKE, HK TKE YMVYTH DYBC SK HYT SDYUN TKE.

## Linemaro

I've waited all my life to meet you

## Mindchow

You were born as an original. Don't die as a copy

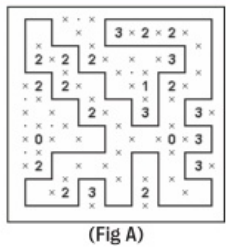
## Joke of the day

Despite the cost of living, have you noticed how it remains so popular?

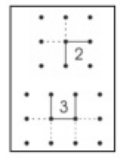
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



(Fig B) Not Allowed

### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

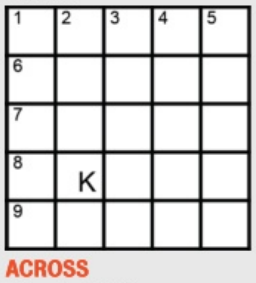
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

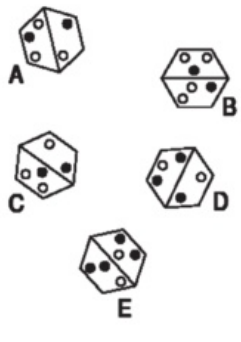
1 Cords; 6 Biter; 7 Saver; 8 Us kea; 9 Let ex

**DOWN**

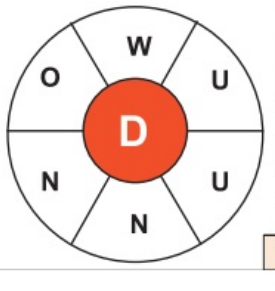
1 Trust; 2 Creak; 3 Viral; 4 So bee; 5 Sexed

## Mensapuzzle

Which is the odd one out?




## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | | 3 | | | 9 | | 8 |
| | | | | | | 2 | 7 | |
| | | | 7 | | 6 | 1 | | |
| | 6 | 4 | 1 | | | | 2 | |
| | | | | 8 | | | | |
| | 5 | | | | 3 | 7 | 8 | |
| | | 1 | 9 | | 7 | | | |
| | 2 | 8 | | | | | | |
| 5 | | 7 | | | 1 | | 4 | 9 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 28
3 7 9 9

Medium = 5
3 4 4 7

Hard = 58
3 6 7 5

## Hocusfocus

Find at least six differences in details between panels.

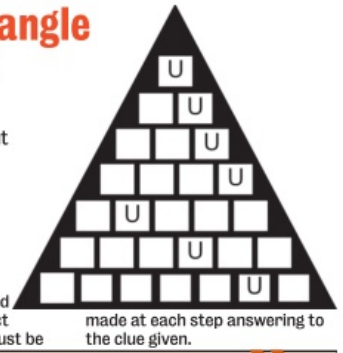
**Differences:** 1. Piggybank tail is missing. 2. Thumb is moved. 3. Bow tie is larger. 4. Man has more hair. 5. Hair band is moved. 6. Pocket is added.

## Riddler

What phrase is this? Left Side...1st Floor...Right Side Left Side...2nd Floor...Right Side Left Side...3rd Floor...Right Side

## Alpha triangle

1 Horseshoe letter
2 Lambda follower
3 Outback bird
4 Option list
5 Cud of a ruminant
6 Fertilizer
7 Captivate

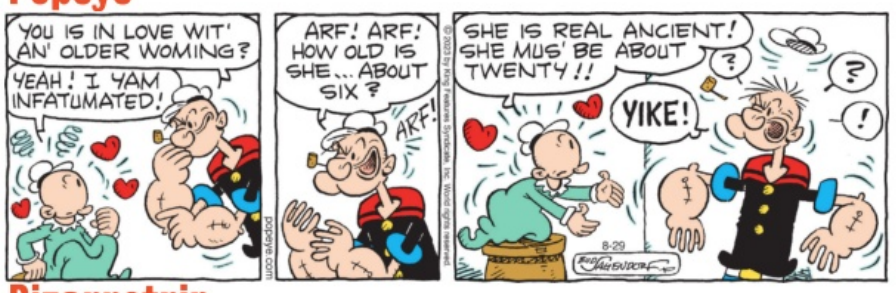



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

# COMICS

## Popeye


YOU IS IN LOVE WIT' AN' OLDER WOMING?
YEAH! I YAM INFATUMATED!
ARF! ARF! HOW OLD IS SHE... ABOUT SIX?
ARF!
SHE IS REAL ANCIENT! SHE MUS' BE ABOUT TWENTY!!
YIKE!
8-29

## Bizarrotrip

## Diamond Lil

## Hart of the city

WELCOME HOME, TONY. WE'VE MISSED YOU.
I KNOW, DAD. I'VE JUST BEEN BUSY.
HEART, LET ME TAKE YOUR BAG. ARE YOU HUNGRY?
DINNERTIME! LET'S GET YOU SOME SPIEDINI.
WHAT'S SPIEDINI?
ANTONIO, GET THE SPIEDINI! IT'S AN EMERGENCY!
HEART OF THE CITY © 2024 ANDREWS MCMEEL
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## Crankshaft

DAD IS REALLY GETTING CONCERNED THAT THE UPX DRIVERS MAY GO OUT ON STRIKE.
HE'S WORRIED BECAUSE IT SEEMS LIKE HE GETS SOMETHING FROM BEAN'S END ALMOST EVERY DAY.
HAS HE TRIED CALLING A MENTAL HEALTH HOTLINE?
2-19
BATIUK & DAVIS tombatiuk.com/books

## Mutts

OH, MIGHTY SHPHINX, WHERE DOES THE SUN GO AT NIGHT!?!
IF YOU SHMEDITATE ON THIS RIDDLE LONG ENOUGH...
IT WILL FINALLY DAWN ON YOU.
mutts.com
www.kingfeatures.com
2-19

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today you may be very happy as your losses may convert into profits. Your seniors may appreciate your work, and you might experience changes in your position or responsibilities at work, possibly a promotion. Your opponents and hidden enemies may be under control now. Singles and couples may make important decisions regarding marriage with the help of relatives or friends.

**Taurus** Apr 21 – May 20
Today you are blessed by the moon, making you happy. Last week's challenges are now over. With the help of this blessing, you may see the fruits of your hard work. With the assistance of your subordinates, you may be able to initiate postponed tasks. There may be gains in your business that boost your finances.

**Gemini** May 21 – Jun 21
Today you may feel dull and experience some health issues. It is advised to postpone making investments in business and not to start new ventures as losses are likely.

**Cancer** Jun 22 – July 23
Blessed by the moon, you may be able to make quick decisions on the professional front. You may get new opportunities in business, boosting your confidence. You are likely to start new innovations with the help of your partner, which may increase your business in the near future.

**Leo** Jul 24 – Aug 23
Blessed by the moon, you may perform well at work and expect promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with your boss may improve, and chronic health issues may be resolved, making your family happy.

**Virgo** Aug 24 – Sep 23
Blessed by the moon, you may feel confident and make important decisions decisively. You may spend money on family and friends, and love birds may enjoy happy moments. Job aspirants may likely find a suitable job with the help of friends.

**Libra** Sep 24 – Oct 22
Today you may feel dull and not enjoy your day. You may be a victim of arrogance, affecting both your professional and domestic life. Internally, you may lack confidence, hindering your creativity at work.

**Scorpio** Oct 23 – Nov 22
Today, health issues may arise, leading to impatience. Control your short temper and avoid spending on unnecessary items. Love birds should steer clear of discussions that could lead to a breakup.

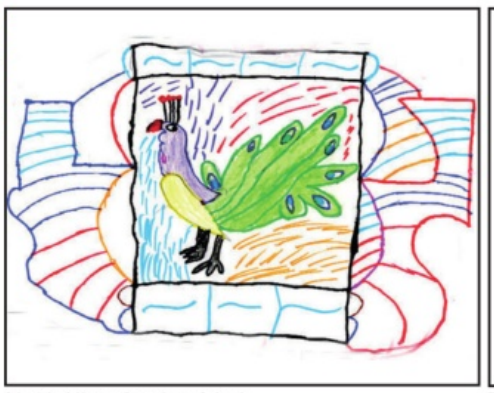
**Sagittarius** Nov 23 – Dec 22
Today you may make quick decisions that benefit your daily life. With the help of colleagues, you may make difficult decisions successfully. Property-related disputes between siblings may be resolved, and you may expect some short trips.

**Capricorn** Dec 23 – Jan 20
Today, control your straightforwardness as loose talking may affect people around you. You may spend hard-earned money on worthless items. Your mind may work very fast, so it is advised to make important decisions with patience.

**Aquarius** Jan 21 – Feb 19
Today you may not feel well, as old health issues may arise, making you upset. You may make wrong decisions due to impatience and haste. It is advised to think twice before making any decisions and to avoid spending money on worthless items.

**Pisces** Feb 20 – Mar 20
Today there may be peace of mind. You may plan to invest some capital in your business, increasing liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, enhancing family harmony. Singles may find suitable matches, and love birds may decide to get married. Students will be blessed with good karma.

# KIDZONE



Advaith, 8 Years, Prarthana School

T D Sampath Kumar, 5 Years, Prayag Montessori & Pre School

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# SOLUTIONS

**SOLVE IN 1M**
SI

**BULL'S EYE**
down, undo, UNWOUND, wound

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | R | A | A | R | O | N | B | A | | | | | | |
| O | V | O | I | D | S | T | E | A | B | A | G | | | |
| N | W | E | S | S | A | R | E | H | A | N | D | L | | |
| E | D | E | N | Y | E | S | E | S | S | E | | | | |
| S | A | R | A | H | A | W | I | S | E | S | | | | |
| | C | B | A | B | B | L | E | D | A | | | | | |
| E | C | L | A | T | I | B | E | L | L | A | | | | |
| P | A | I | L | T | R | Y | R | E | S | T | | | | |
| O | A | B | O | D | E | D | D | R | A | B | | | | |
| C | A | B | A | L | A | M | A | R | B | L | E | | | |
| H | L | U | D | D | E | R | Y | N | | | | | | |
| S | C | E | N | E | S | N | E | W | E | L | S | | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | E | K | T | L | S | | | | | | | | | |
| S | E | L | L | E | R | U | N | L | I | K | E | | | |
| D | B | I | O | O | C | | | | | | | | | |
| B | R | E | A | C | H | E | D | D | R | A | B | | | |
| U | T | S | N | R | | | | | | | | | | |
| A | M | U | S | E | C | A | N | T | A | T | A | | | |
| N | D | H | U | | | | | | | | | | | |
| P | R | O | U | D | E | R | K | O | L | A | R | | | |
| U | P | D | O | | | | | | | | | | | |
| L | O | O | M | M | A | N | M | O | H | A | N | | | |
| V | U | A | A | O | H | | | | | | | | | |
| M | E | R | C | E | R | I | T | U | A | L | | | | |
| D | S | C | B | S | S | | | | | | | | | |

**MENSA PUZZLE**
C: A is the same as D with black/white reversal and similarly B is the same as E.

**QUOTE UNCODE**
People don't have to like or support you, so you always have to say thank you.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 7 | 8 | 2 | 1 | 6 | 4 | 9 |
| 9 | 2 | 8 | 6 | 3 | 4 | 5 | 1 | 7 |
| 6 | 4 | 1 | 9 | 5 | 7 | 8 | 3 | 2 |
| 2 | 5 | 9 | 4 | 6 | 3 | 7 | 8 | 1 |
| 7 | 1 | 3 | 2 | 8 | 5 | 4 | 9 | 6 |
| 8 | 6 | 4 | 1 | 7 | 9 | 3 | 2 | 5 |
| 3 | 8 | 2 | 7 | 9 | 6 | 1 | 5 | 4 |
| 1 | 9 | 6 | 5 | 4 | 8 | 2 | 7 | 3 |
| 4 | 7 | 5 | 3 | 1 | 2 | 9 | 6 | 8 |

**ALPHA TRIANGLE**
U, Mu, Emu, Menu, Rumen, Manure, Enamour.

**GO FIGURE**
Easy
9 + 3 + 9 + 7 = 28
Medium
4 + 3 / 7 + 4 = 5
Hard
3 + 6 x 7 − 5 = 58

**LOOP**

**KAKURO**

**RIDDLER**
There are always two sides to every story (storey).

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| S | C | R | O | D |
| T | R | I | B | E |
| R | A | V | E | S |
| U | K | A | S | E |
| T | E | L | E | X |

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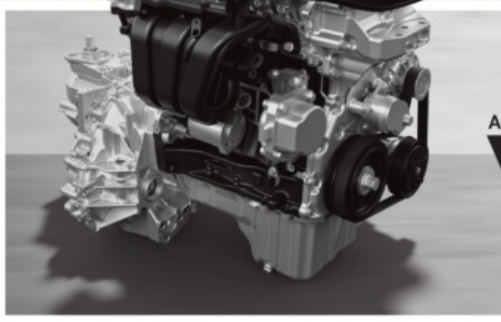
MARUTI SUZUKI ARENA

INTRODUCING THE EPIC NEW

# SWIFT

TIME TO GO

#SWIFTING



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